



JUNE 2015

Summer is Here!

COUNTY OF LOS ANGELES

Splash!

Welcome to Summer Swim Season 2015



Recreation Director Russ Guiney. “Summer swim season provides an opportunity for people to enjoy these invaluable resources, and gives our lifeguards thousands of potential opportunities to help the public better understand vital principles of water safety.”

Sign-ups for swim lessons are generally held every other Saturday; at some locations, slots are assigned by lottery. Members of the public should call individual pools for additional details about lesson sign-ups, but are urged to arrive early on sign-up days due to high demand. For those eligible, a limited number of swim lesson scholarships are available. Printable scholarship applications, as well as a list of opening dates, pool contact information, and more on lesson enrollment, can be found online at pools.lacounty.gov.

Summer swim season has arrived at Los Angeles County pools, with people of all ages encouraged to beat the heat, get a fantastic workout, and have fun at more than two dozen pools in parks and facilities operated by the Department of Parks and Recreation.

Many County locations opened pools on June 6 and all pools will be open by June 20, offering free-of-charge recreational swimming at most locations from 12:30 p.m. to 5:00 p.m. daily throughout the summer. All ages are welcome, but guests six years of age and younger must be accompanied by an adult. Patrons are urged to call individual pools for details.

Individual pool locations offer exciting programs like Swim Team, Water Polo, Dive Team, and Synchronized Swimming for youth ages seven through 17, and aqua aerobics for those 18 and older. Most programs are free, and swim lessons are still available at the low cost of \$20 for a two-week, 10-lesson course.

“Water safety and healthy recreation are critically important to our health and quality-of-life, and that’s why the pools and staff at L.A. County parks and facilities are of immeasurable value in our communities,” said Department of Parks and

Proper swimwear is required in all County pools. Cutoffs, basketball shorts, sweats, tank tops, colored t-shirts, and shirts with logos are not permitted. Babies and toddlers age three and under are required to wear swim diapers while using the pools.



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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Ongoing – 50 for 50: Gifts on the Occasion of LACMA’s Anniversary
 Through August 2 – Ed Moses: Drawings from the 1960s and 70s
 Through September 27 – Noah Purifoy: Junk Dada
 Through October 12 – African Textiles and Adornment: Selections from the Marcel and Zaira Mis Collection
 Through October 18 – From the Archives: Art and Technology at LACMA, 1967-1971
 Through November 1 – Various Small Fires

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through July 12 – Matilda The Musical

Kirk Douglas Theatre

Through June 28 – How to be a Rock Critic
 July 12 through August 9 – Girlfriend

Mark Taper Forum

July 15 through August 23 – Bent

Dorothy Chandler Pavilion

July 11 through July 15 – BalletNow

Hollywood Bowl

June 26 – Sing-A-Long Sound of Music
 June 30 – Back to the Future - In Concert
 July 2 through July 4 – July 4th Fireworks Spectacular with Smokey Robinson

Grand Park

www.grandparkla.org

Every Wednesday and Thursday – Lunch A La Park
 Every Wednesday and Friday – Lunchtime Yoga reTREAT

Visit <http://hr.lacounty.gov> for information on employment opportunities with the County of Los Angeles



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 Check out the DIGEST at

<http://dhrdcap.co.la.ca.us/jic/digest/>



by **Mark Richman, M.D., M.P.H.**
*Physician Specialist, Emergency Medicine
 Olive View-UCLA Medical Center
 and Amy Skelton, Research Volunteer*

Not Just Blowing Smoke

Part 2 in a Series of 2

When you announce to others that you're a smoker by smoking in their presence, you're not just "blowing smoke." You're blowing harmful toxins into another person's body. There are many misconceptions about second-hand smoke. Here, we ask Dr. N.D. Fume to clear the air and answer our questions.

What is second-hand smoke?

Dr. N. D. Fume: Second-hand smoke is smoke inhaled by non-smokers exposed through involuntary/passive breathing of the smoke of others who are smoking. Second-hand smoke is made of sidestream smoke (from a lit cigarette, cigar, pipe, etc.) and mainstream smoke (exhaled by the smoker). Sidestream smoke has higher concentrations of cancer-causing agents and is more toxic than mainstream smoke. Greater exposure to second-hand smoke causes higher levels of toxic chemicals in the body.

How harmful are these toxins?

Dr. N.D. Fume: Second-hand smoke contains carcinogens that can cause, in non-smokers, cancer of the lung, esophagus, mouth/throat, bladder, and ovaries; breathing problems; and heart disease. There are nearly 7,000 lung cancer deaths and 42,000 heart disease deaths annually in non-smokers. It also causes or worsens asthma and asthma-related problems in children.

Considering this, smoking is bad not only for the smoker, but for others, as well. If you smoke, do your friends, family, and strangers a favor: please be considerate and smoke in designated smoking areas. Or, stop smoking altogether.

Call **1-800-NO-BUTTS** for nicotine replacement therapy and/or counseling.

Fourth of July and Firework Safety

from the L.A. County Fire Department

Fireworks are often a part of special times like Independence Day and New Year's Eve, but they can be dangerous. Whenever you celebrate, learn how to protect yourself and those you care about from fireworks-related injuries. There is great risk of injury or death when using any type of fireworks. Even fireworks labeled as "Safe and Sane" can burn you, or even kill you. Fireworks account for two out of five fires, more than any other cause of fires.

"Safe and Sane" Fireworks

The sale of "Safe and Sane" fireworks in your community may be prohibited by local ordinance (check with your city). If they are allowed, "Safe and Sane" fireworks can only be purchased from a State Fire Marshal licensed retail stand no earlier than noon on June 28 and no later than noon on July 6.

When using "Safe and Sane" fireworks, remember to:

- Always read directions and use common sense;
- Have an adult present;
- Use outdoors only – away from buildings, vehicles, dry grass and other flammable objects;
- Light one at a time, then move away quickly;
- Keep others at a safe distance;
- Never point or throw fireworks at another person;
- Never alter or take apart;
- Do not give to young children under any circumstances;
- Have a bucket of water handy for emergencies and for dousing misfired and spent fireworks; and
- Never attempt to re-light or fix malfunctioning fireworks.

Illegal Fireworks

Any item that explodes, rises in the air, moves about the ground, or is not approved and labeled "Safe and Sane" by the State Fire Marshal is illegal in California.

Hundreds Attend Manhattan Beach Library Opening

Approximately 300 people turned out for the grand opening of the dazzling Manhattan Beach Library. Nestled in the heart of the Manhattan Beach Civic Center, the \$26.2 million structure is situated just blocks from the famed Manhattan Beach Pier. Nearly twice the size of the old building, the 21,200 square-foot Manhattan Beach Library now boasts of an automated book sorting machine and *The Sea & Me* children's interactive exhibit, both of which are the first of their kind in the County Public Library system.



“The sorter frees up staff, who no longer have to do this work by hand, so they can help customers instead,” said County Librarian Margaret Donnellan Todd. “It also allows patrons to return books instantly so that customers who’ve reached their check out limit can return books instantly and check out more. *The Sea & Me* children’s interactive exhibit also is unique to Manhattan Beach Library. It’s located within the Children’s Area and Family Place and it provides a very dynamic approach to teaching kids about life in the ocean, exploration of the sea, and the marine ecosystem along our coastline.”

MANHATTAN BEACH
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Share Your Heart Share Your Home

Become a Foster/Adoptive Parent

Most people think that older teens don’t want or need an adoptive family. Common myths are that they are “set in their ways” or simply “don’t want to be adopted.” This is not the case. More than ever,

youth in foster care are thinking about their long term future. That future includes having loving, committed, and supportive adults in their lives.

Daniel, age 17, is one of many teens in foster care who has not given up on being adopted. He is no stranger to foster care, and says he was raised in foster care “pretty much my whole life.” Despite this, he remains hopeful and positive that there is a family out there looking for a funny, social, classic rock aficionado who just happens to be 17-years-old.

He would love to join you for classic rock concerts in the summer or baseball games, especially when his favorite team, the Boston Red Sox, is in town. His ideal Sunday would be spent at church in the morning, as he identifies as a Christian. After church, maybe breakfast or lunch,

and then back home to watch football. Daniel also enjoys playing sports and would love to play football or baseball.

He admits that turning 18 is a scary thought, especially since he doesn’t have any family in his corner. He has formed some positive relationships with mentors and staff at his current group home but he states, “I still want someone to call mom or dad more than anything.” Daniel needs someone who is willing to be an advocate for him, unconditionally, and fully committed to being present in his life forever. He has experienced his share of let downs by adults in his life and only wants people who can accept all of what makes Daniel unique.

On a side note, anyone who adopts a teen from foster care should know that financial assistance continues until they are 21-years-old and in some cases extends beyond that time frame. This also includes medical insurance and college tuition assistance. Ongoing therapeutic services are also offered to all children who qualify. In other words, you are not alone in making sure your teen gets everything they need in life. Call **1-888-811-1121** to learn more about becoming an adoptive parent to Daniel or other amazing teens in foster care!

Innovative Customer Service Practices

13th Leadership Conference

“Innovation in Customer Service: Access, Care and Response” was the theme of the County’s 13th Leadership Conference, sponsored by the Board of Supervisors, Chief Executive Office, and the Quality and Productivity Commission (QPC), held at The Music Center on May 27.

Supervisor Michael D. Antonovich, Mayor, welcomed the more than 160 attendees to the annual gathering. “This conference brings together County leaders and managers, who constantly seek out ways to improve County services,” said Mayor Antonovich.



Supervisor Sheila Kuehl (left) encouraged the capacity audience to remember that the County’s customers are the more than 10 million residents who call Los Angeles home.

The Leadership Conference was once web-streamed and more than 300 persons viewed the event online. Evaluations filled out by a majority of conference attendees rated the meeting “excellent” overall.

“Our objective was to promote innovation and effectiveness in customer service,” said Commissioner Rod Gibson, QPC Chair.

Opening the conference with an inspiring invocation was Rev. Fr. Marcos Gonzalez, St. John Chrysostom Church in Inglewood; followed by the Pledge of Allegiance led by Brig. Gen. (Ret.) Ruth Wong, Director, Military and Veterans Affairs.

Sheryl Spiller, Director, Public Social Services, spoke on the renovation of DPSS Customer Service Centers; while County Librarian Margaret Donnellan Todd gave details on moving to the 24/7 Virtual Library. Auditor-Controller John Naimo talked about the collaborative process with Internal Services and DPSS, which led to the development of MARS (Mileage Authorization and Reimbursement System).



Conference attendees were impressed with presentations from Dr. Tad Funahashi and Kris Dagger, Kaiser Permanente, and Dr. Mitchell Katz (left), Department of Health Services, which covered the positive impact of technology on health care delivery.

David Sommers, Director, Office of Countywide Communications, filled in for Interim CEO Sachi Hamai and delivered an informative presentation on digital customer service.



Supervisor Michael D. Antonovich is joined at the Leadership Conference by Commissioner Jaclyn Tilley Hill and Rev. Marcos Gonzalez, who gave the invocation.



Director of Personnel Lisa Garrett, first row, left, welcomed Kris Dagger, second from left, and Dr. Tad Funahashi, fourth from left, both of Kaiser Permanente, to the Leadership Conference. Also attending are Commissioners Jaclyn Tilley Hill, Nancy Harris, and Shawn Landres, front row, and, rear from left, Epifanio Peinado and Shawn Atin, DHR, and Commissioner Will Wright.



A capacity crowd of more than 160 people attended the recent Leadership Conference including, Commissioners Walt Allen, Ed McIntyre, Rod Gibson, Jaclyn Tilley Hill, Nancy Harris, and Evelyn Gutierrez; and Department Heads Russ Guiney, Parks and Recreation; Sheryl Spiller, Public Social Services; Steven Golightly, Child Support Services; Philip Browning, Children and Family Services; and Margaret Donnellan Todd, County Library.

Working for You

L.A. County Department of Public Health



- Smaller portion size options of your favorite menu items;
- Healthier kid’s meals like non-fried foods, fruits or vegetables, and milk or water; and
- Chilled water, free of charge.

Portion Size Tips for Summertime Dining

Choosing smaller portions is one way to make better choices while still enjoying your favorite foods.

As summer kicks-off, invitations to barbecues and other celebrations increase. Use these portion size tips when dining out or eating in this summer.

Plan ahead!

If you know you’re going out, make healthier choices by looking at the menu online or checking the calories on the menu board. If you order a full-size meal, box up half before you start eating and save the rest for later.

Restaurants are partnering with the Los Angeles County Department of Public Health to offer healthier choices. The Choose Health LA Restaurants decal means a restaurant offers:

To find a *Choose Health LA* restaurant near you, visit ChooseHealthLA.com.

When eating at home or other summer gatherings, small changes add up!

Downsize to salad or dessert plates: Use a 10-inch plate versus a 12-inch plate or larger to help you eat smaller portions.

Avoid mindless munching in front of the TV: Place a snack-size amount of food into a bowl and leave the rest of the package out of sight.

Leave the “Clean Plate” club: Most of us eat everything we’re served, no matter the size. Serve smaller portions and leave leftovers for the next meal.

June is Adopt-A-Cat Month!

REASONS TO ADOPT

Save A Life

Many cats in our care centers are happy, healthy and well-adjusted, they just need loving homes to get comfortable and let their personalities shine through. By adopting a cat, you can encourage others to do the same; sharing your positive experiences and introducing people to your cat can positively promote future adoptions, and lives saved.

Feel Better

Having a pet of any species around can make people feel happier and more balanced. Cats are especially great companion animals for those seeking a low maintenance animal to keep them company.



Our Staff Is There To Help

Adopting an animal is a big commitment, and not all cats are the same. Let our care center staff introduce you, and help with the matchmaking process. We are motivated to make sure cats find their forever homes, which means the right home. Staff can also provide you with information about the adjustment period if you’ve never cared for a cat before.

Ready To Go

Our cats will be spayed or neutered, immunized, dewormed, and microchipped by skilled staff before adoption.

One Cat Does Not Fit All

Looking for a kitten, we have them. If you’re interested in an adolescent feline or even a more mature companion, we have those too. Our selection is wide-ranging. So come find the purr-fect cat for you.



**PROTECT.
CARE.
ADOPT.**

For further information about cat adoption & to find an animal care center near you, please visit us at www.animalcare.lacounty.gov



MANHATTAN BEACH

continued from page 4

“A library is the center of a community and the residents of Manhattan Beach have long shown a commitment to supporting this incredible facility,” said Supervisor Don Knabe, who attended the grand opening festivities. “They have been involved in every step of the process, including taxing themselves to secure funding needed to build this library. The evolution of this project is a great example of what can happen when the County and the City work together.”

The second floor ocean view was made possible by dual-glass curtain walls on three of the library’s four sides. Designed to meet top energy efficiency standards, the Manhattan Beach Library is expected to achieve the U.S. Green Building Council’s Leadership in Energy and Environmental Design (LEED) Gold Level Certification.

The Manhattan Beach Library now features a new collection of over 64,000 items and includes a 100-seat community meeting room with open access to a huge outdoor patio and a public lawn. In addition, patrons can access separate adult and teen reading areas; a homework center; group study and tutoring rooms; plus 10 computers for adults, six for teens, and eight for children. The library also offers free WiFi, day and night, for anyone with a County Public Library card.



Moves After Dark

Getting into the Evening Spirit at The Music Center

The Music Center will “break down the walls” of the conventional concert dance stage with **The Music Center Presents *Moves After Dark***, a new site-specific series that juxtaposes contemporary dance performances with architecture and space. Held on Monday and Tuesday nights when The Music Center theatres are typically “dark,” or not in use, the inaugural season of *Moves After Dark* will feature four Los Angeles-based contemporary dance companies led by female directors. Audiences will traverse a variety of different spaces around The Music Center to see compelling and inventive performances and works by **Ana María Alvarez** (artistic director of CONTRA-TIEMPO), **Ate9**, **Lula Washington Dance Theatre**, and **BODYTRAFFIC**. *Moves After Dark*, which will be held on July 13, 14, 20, and 21, 2015, at 8:30 p.m. each night, is sponsored by Center Dance Arts, a founding supporter of Gloria Kaufman Presents Dance at The Music Center with lead support from Stroock & Stroock & Lavan LLP and Cornerstone Research.

With The Music Center’s commitment to being a focal point for dance, *Moves After Dark* complements the performing arts center’s highly acclaimed series, which brings distinct dance experiences from around the world to The Music Center’s stages. In this new series, audiences will travel to where the dancers are performing and will select their own vantage point to bring them closer to the performance. Each evening of the engagement will feature the same companies and works with performances lasting 15-20 minutes for a total of approximately two hours. Audiences will gather in groups and follow three different paths around The Music Center’s campus that lead to each of the four performances; all groups will end with a culminating presentation in The Music Center Plaza.

General admission tickets for *Moves After Dark* are \$25 and include a drink voucher valid during *Moves After Dark* only. There is no seating available. Ticket buyers should note any ADA requirements during their ticket purchase. Tickets are available online at musiccenter.org/moves, at the Dorothy Chandler Pavilion Box Office (135 N. Grand Avenue, Los Angeles, CA, 90012), or by calling (213) 972-0711. For groups of 10 or more, call (213) 972-8555 or email mccgroupsales@musiccenter.org.



Photo: Skype Schmidt

Body Traffic

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DHR's Wellness Corner

Bringing you inspiration from around the County

Breaking the Diabetes and Heart Disease Pattern One Step at a Time

By Connie Gonzalez (Department of Children and Family Services)



I woke up one day, in September 2013, and realized that I had lost control of my health. Over the years, my attention was diverted to my husband's early death and family health problems. I found it difficult to focus on my own health. But that morning when I awoke, it hit me. My weight was out of control and I needed to do something about it, or I would wind up like the rest of my family with diabetes and heart problems. Both my parents had died from the consequences of these diseases and most of my siblings are now all sick from them. One sister has even gone blind in one eye and a couple of my siblings have had heart surgeries. I knew if I didn't want to wind up the same way, it was time to take charge of my future and break this hurtful pattern.

Many of my coworkers had the same weight challenges and some had turned to gastric bypass surgery, only to lose the weight then gain it all back. If I was to have a better outcome, I needed to make some life changes.

First, I started walking on my breaks and after work. Then, I began to read food labels and started to limit my calorie intake to 1,200 calories a day. I stuck with it for a year and dropped over 60 pounds! Some stress at work and illness in my family made me lose focus and I started to gain the weight back again. I knew what I had to do. Regroup and refocus. To make eating lower calories easier, I got selective about what I bought to eat. I started buying Weight Watcher "Smart Ones" meals. It was easy to get low calorie, nutritious meals that way, and they had a variety of options for every meal; even tasty smoothies! I found that if that was all that was in my refrigerator, I would pick the right things. They even had a website I could visit that had wellness articles, tips, and products offered. You can check them out at www.eatyourbest.com.

On May 16, 2015, I attended my very first Countywide Fitness Challenge event. It was incredible! I did the 5K walk and then tried some of the exercise sessions including kickboxing. I noticed that muscles I hadn't been using were woken up. I even got my biometric screenings done and discovered all of my numbers were normal! I am going to make an effort to attend as many of these events as possible, and try kayaking and paddle boarding. I may even work up to the 5K fun runs!

Job Fair Expos

*Start your adventure today with the
L.A. County Sheriff's Department*



August 8, 2015
9 a.m. to 11 a.m.
Mission Hills College
13356 Eldridge Avenue, Sylmar 91342
***Walk-in testing begins at 11:30 a.m.**
Unit Displays from 9 a.m. to 11 a.m.

October 17, 2015
9 a.m. to 11 a.m.
College of the Canyons
26455 Rockwell Canyon Road, Santa Clarita 91355
***Walk-in testing begins at 11:30 a.m.**
Unit Displays from 9 a.m. to 11 a.m.

December 5, 2015
9 a.m. to 11 a.m.
Southwest College
1600 W. Imperial Highway, Los Angeles 90047
***Walk-in testing begins at 11:30 a.m.**
Unit Displays from 9 a.m. to 11 a.m.

Job Requirements:

- 19 ½ years of age
- U.S. High School Diploma or G.E.D.
- U.S. Citizen or permanent resident aliens who are eligible and have applied for citizenship
- A valid driver license

***Please bring a current, non-expired picture identification. Acceptable forms of identification are a driver license or passport, or government, school, work, or military identification card. Social Security Number will be required when completing the application.**



COUNTYWIDE FITNESS CHALLENGE 2015



PARKS MAKE LIFE BETTER!

Join Celebrity Chef Sharone Hakman for healthy cooking demonstrations and more at this brand new location!

"CELEBRITY CHEF"
HEALTHY COOKING DEMOS

5K RUN

POWER WALKS

"BARRE" WORKOUT SESSIONS

FREE THROW CONTESTS

KID'S ARTS & CRAFTS

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

Hacienda Heights Community Center

1234 Valencia Avenue
Hacienda Heights, CA 91745
4th Supervisorial District

Saturday, July 11, 2015
8:00 a.m. – Noon

EVENT SPONSORS



KAISER PERMANENTE.

RSVP to secure your giveaways at <http://dhr.lacounty.info>



Retirees

Congratulations to the following employees who are joining the ranks of the retired after their many years of service to the County of Los Angeles:

45+ Years

HEALTH SERVICES: Carlos Campos

INTERNAL SERVICES: Jewel Dyer

40+ Years

CHIEF EXECUTIVE OFFICE: Esther Bernal

CHILD SUPPORT SERVICES: Flory M. Diaz

COUNTY COUNSEL: Kathleen Garcia, Bruce M. Hale

HEALTH SERVICES: Nadine Bell, Pat L. Corley, Beverly Fisher, Rosa E. Perez, Andrea D. Rodriguez

INTERNAL SERVICES: Arturo Rosales, Angel T. Tongco

PARKS & RECREATION: Yolanda Galvan, David Maxie

PUBLIC HEALTH: Debra D. Johnson, Sandra Williams

PUBLIC SOCIAL SERVICES: Brenda J. Crowder, Tucky Khan, Beverly Munir, Marcia Perkins

SHERIFF: Emma J. Jackson

35+ Years

ASSESSOR: Jaswinder Singh

CHILDREN & FAMILY SERVICES: Iris R. Courtney, Julie H. Nagel, Stephanie E. Saint-Louis, Barbara Snell-Vaughn, Lynn D. Williams

CHILD SUPPORT SERVICES: Howard Strauss

FIRE: Wallace T. Lejay

HEALTH SERVICES: Chat V. Dang, Susan C. Del Fierro, Deborah A. Owens-Mu'Min, Socorro Salanga, Deborah Washington

MUSEUM OF NATURAL HISTORY: Barbara J. Allen

PUBLIC SOCIAL SERVICES: Amelita S. Ibay

REGISTRAR-RECORDER/COUNTY CLERK: Yuk F. Yee

SHERIFF: Maria D. Arellano, Phillip D. Solano, Frances M. Smith, Shirley W. Tam

TREASURER & TAX COLLECTOR: Sandra L. Pina-Barbee

30+ Years

ASSESSOR: Cheryl M. Williams

CHILDREN & FAMILY SERVICES: Kathleen Gattuccio

HEALTH SERVICES: Cynthia Adame, Farkhondeh Afrookhteh, Teresa Aguayo, Lilia Cejnar, Rose Chacko, Marie C. Harris, Kevin V. Phillips, Eloisa T. Rabara

PUBLIC SOCIAL SERVICES: Leslie Buckner

PUBLIC WORKS: Fadila T. Khalil, Dean Smethurst

SHERIFF: Stanley E. Penner, Timothy A. Phillips, Michael F. Santana, Stephan A. Schliebe, Betty J. Thomas, Miguel A. Vega

25+ Years

CHILDREN & FAMILY SERVICES: Elzena D. Coleman
COUNTY COUNSEL: Adrienne Keating

FIRE: Charles D. Boyd, Thomas M. Knerl, Scott L. Robinson

HEALTH SERVICES: William Bozarth, Dadney Carlson, Antonia R. Layao, Lucila Madrigal, Maria Nevarez, Susana E. Peterson, Graciela Santana, Bo Y. Suh, Linh M. Ta, Rodulfo A. Villareal

PUBLIC DEFENDER: Robert L. DiPaolo

PUBLIC HEALTH: Evelyne Belgarde, Ignacio Diaz, Anita I. Villafranco

PUBLIC SOCIAL SERVICES: Guillermo I. Coronado, Mary A. Edwards, Victoria Jamieson

PUBLIC WORKS: Marie Givetz, Richard Nelson

SHERIFF: Sharon L. Byrd, Sylvia A. Garcia, Andrew J. Guthrie, Carol A. Prentice

TREASURER & TAX COLLECTOR: Gwendolyn F. Collins

WeTip

**WELFARE FRAUD
1 (800) 87-FRAUD**

Rideshare L.A. County!

*from the CEO/
Office of Workplace Programs*

Although Los Angeles once again has the distinction of having the worst commute in the U.S. (Forbes – Cities with the worst rush-hour traffic, March 2015), Rideshare L.A. County has one way you can beat the traffic...**take the bus.**

Taking the bus is one of the best and most cost effective ways to commute to work and beat traffic. Leave the driving to someone else while you relax on the way, read a book, take a nap, or socialize with your fellow bus riders. Whatever you do, taking the bus can get you to work on time, save you money, and improve the environment as compared to driving alone.

Take pride. Share the ride.



Elder Financial Abuse

Some Common Signs to Look Out For

Our seniors are some of the most vital members of our community. World Elder Abuse Awareness Day takes place in June. It's a good time to remind ourselves of the best ways to keep seniors safe from elder abuse.

At the Department of Consumer and Business Affairs, we work to prevent and remedy elder financial abuse. Elder financial abuse is the mismanagement of money, property, or other assets belonging to a senior.

Elder financial abuse can often be difficult to detect. Sometimes abuse comes from a family member, close friend, or caregiver, which makes it more difficult to discover or accept. Other times, elder financial abuse begins from a stranger's phone call.

Here are a few common elder financial abuse tactics and our tips for how you can avoid them:

The scam: Bogus emergency calls

A senior is at home and receives a phone call from someone who says they are a family member in trouble. The caller says they have been in a car accident or are in jail. They say they need help, are too embarrassed to tell anyone else, and ask the senior to send money right away.

Avoiding the scam: Never rush to a decision

Many seniors lose money with this scam. The scammer tries to make a senior feel rushed or sympathetic to get them to send money quickly, usually by wire transfer.

If someone calls to say they are in an emergency, never send money right away. Always be sure to ask as many questions as possible. Talk to other relatives and ask if they know anything about the situation. You don't have to stay on the phone with the caller. If you have any doubt that the caller is who they say they are, just hang up!

The scam: The new best friend

A senior suddenly has a new friend and they are spending a lot of time and money together. This new friend may ask for gifts or recommend services they claim that only they could provide. Eventually this "close friend" starts

to take money or other valuables through theft or bogus services.

Avoiding the scam: Get advice from people you trust

Fraudsters can play on a senior's loneliness and are motivated by greed. They can pressure seniors into making bad decisions. This undue influence can come from of a "friend," family member, or a salesperson.

Always maintain a strong network of social contacts that you trust. They might be people you know at a local senior center, close family, or friends. Check in with folks that you trust to prevent fraud. If you're not sure about a business deal, contact us at the Los Angeles County Department of Consumer and Business Affairs.

The scam: You won the lottery!

The senior gets a telephone call, email, or letter saying that they just won a lottery for a large prize. The senior calls to collect their prize, but they are told that there are some fees or taxes the senior needs to pay before they get the big prize. They pay the fees, but never get the prize.

Avoiding the scam: You probably didn't win the lottery

An old saying applies: There's no such thing as a free lunch. Chances are, there's no such thing as free money, especially for a lottery you never entered. Unless the prize is from an organization you know very well—such as your local church or community center—it's most likely a scam.

If you receive an unexpected phone call about a lottery, hang up. If you get a voicemail or an email message, delete it. If you receive a letter which says you won a lottery, shred it.

If you have any questions about elder financial abuse or any consumer or business issue, contact the Department of Consumer and Business Affairs at (800) 593-8222.

4th of July Block Party

Angelenos will take over the Civic Center at the third annual Grand Park's 4th of July Block Party presented by The Music Center. The free event, which runs from 3 p.m. to 9:30 p.m. on Saturday, July 4, 2015, will feature music, art, dancing, food, and fireworks. Grand Park will light up the civic center skyline with a new, first-ever rooftop fireworks display set to iconic American music. The block party will be spread over eight city blocks and is supported by the County of Los Angeles Board of Supervisors, City Councilmember José Huizar, Bank of America and KCRW.

For more information, visit grandparkla.org/4thofjuly.